

# CommonHealth WEEKLY WELLNOTE

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Sunglasses are more than just a fashion statement for summer. They are essential for long term eye health. Sunglasses that block UV radiation protect the eyes, and the delicate skin that surrounds them, from being damaged. They can prevent cataracts and discourage macular degeneration. Sunglasses also prevent accidental injury and can reduce eyestrain, headaches, and fatigue. You don't have to spend a lot to get a quality pair. You simply want lenses labeled "full UV protection" or "protects against UVA and UVB" or "UV 400." All of these lenses block the sun's damaging rays.



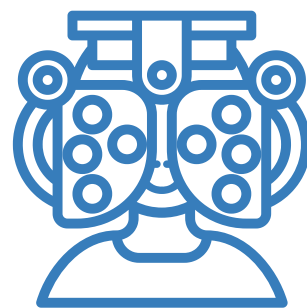
CommonHealth's Wise Eyes campaign is coming to a close after visiting agencies and institutions across the Commonwealth. This interactive training shared the best ways to care for your vision. If your group missed the campaign, you can still schedule an in-person event or virtual training with your Wellness Consultant. Printed booklet supplies are limited.

Use the link below to visit the DHRM website to see what vision benefits your insurance plan includes.

**CHECK  
YOUR PLAN**



## A LITTLE BIT HEALTHIER THIS WEEK



Schedule a visit with an eye care professional. Getting an eye exam is simple and painless — and it is the single best thing you can do for your eye health! Many eye diseases don't have any symptoms or warning signs, so scheduling an eye exam is important.

GET IN TOUCH WITH US

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